**Grade 8: Wrestling Planning for Performance Poster**

**Due: April 8, 2016**

**What:** The poster must include a **minimum** of **two photos** of each person **demonstrating a wrestling move** taught in class and a way to counter/resist this move.

You can start in table top or starfish.

If you are doing this in partners, you include two moves that tie together to show the wrestler adjust to the counters of the defender, the first move starts the sequence, the defense counters, the second move should counter the defenses move and the defense adjusts again.

**How:** Each photo should include cues to support the move – point form is fine

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|  | **2 Beginning** | **4 Developing** | **6 Accomplished** | **8 Exemplary** |
| **Photos** | No photos of students  Or dangerous position, | Most aspects correct, may be hard to see  Parts missing or incorrect | Photos – labelled  Shows Correct technique and position | Clearly and correctly demonstrates the move, all aspects/views shown  Labels enhance photo |
| **Cues** | Minimal cues  Lacks understanding  **What** | Most cues are there, shows understanding  **What and how** | Easy to understand cues  Clear understanding  **What and How** | Clear, easy to follow and understand, flow and extend beyond  **How and why** |
| **Spelling** | Many errors interfere with meaning | A few errors but do not interfere with meaning | One or two errors | No errors with spelling, grammar and punctuation |
| **Organization** | Hard to follow | Some organisation | Easy to follow | Leads the viewer through presentation |

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| **Criterion B: Planning for Performance** | | | | |
| **(0)** | **Beginning (1-2)** | **Developing (3-4)** | **Accomplished (5-6)** | **Exemplary (7-8)** |
| *I have not achieved a standard described by any of the descriptors to the right*. | *I am able to:*  **outline** a plan for improving physical performance and health  **state** the effectiveness of a plan based on the outcome. | *I am able to:*  **construct and outline** a plan for improving physical performance and health  **outline** the effectiveness of a plan based on the outcome. | *I am able to:*  **construct and explain** a plan for improving physical performance and health  **describe** the effectiveness of a plan based on the outcome. | *I am able to:*  **design and explain** a plan for improving physical performance and health  **explain** the effectiveness of a plan based on the outcome. |